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FOOD STAMP PROGRAM



Some people do not have money to buy the food they need for good health. The United States Department of Agriculture's Food Stamp Program is a way to help these people buy more and better food.

WHO CAN GET FOOD STAMPS?

Families or individuals who have low incomes, such as:

- Those with no jobs.
- Those with part-time work.
- Those that do not earn much money.
- Those on public welfare.
- Many people on Social Security or with small pensions.

HOW DOES A FAMILY FIND OUT ABOUT FOOD STAMPS?

The head of the family goes to the welfare office. There, someone will tell him about getting food stamps. He should bring papers to show:

- Where the family lives.
- How many are in the family.
- How much money they have coming in each month.
- How much the family is paying for doctor's bills and rent.

HOW DOES A FAMILY GET FOOD STAMPS?

To take part in this program, a family must have a place to cook meals. The family buys food stamps which will cost about the same as the family pays each month for food, but the family gets more food stamps than it pays for.

The welfare office tells the family how much to pay for stamps, how many stamps the family gets, and if any family members need to register for work. The total worth of stamps depends on how many people are in the family.

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HOW ARE FOOD STAMPS USED?

Anyone in the family can take the food stamp book to a local food store and use the stamps like money to buy food.

Food stamps can buy almost all food. They cannot buy liquor, beer, cigarettes, soap, or other things sold in the food store that are not food. And stamps cannot be sold to the grocer or anyone else.

Most stores in a food stamp county or city will be glad to accept the stamps.

ARE ALL FAMILIES TREATED THE SAME WAY IN THIS PROGRAM?

The rules of the program are the same for all families, all over the United States. The family's need and willingness to obey the few easy rules of the program are the only things that count. No family may be denied food stamps or be dropped from the program just because any member of the family is active in trying to get fuller citizen's benefits.

Also, even if they are not able to get a wage statement from the people they work for, low-income families can still get food stamps. No family may be put in a special place in line or in a separate line or told to come on a different day because of race, color, or national origin.

If anyone believes his or her family is being unfairly denied food stamps, or has been unfairly dropped from the program, he or she has the right to ask for, and get a Fair Hearing—a chance to tell his or her side of the question with the help of friends or a lawyer. The family can get food stamps at least until the date of the Fair Hearing, regardless of whether the case is won or lost.

HOW CAN A COUNTY GET THIS PROGRAM STARTED?

The Food Stamp Program is one of two programs of the Food and Nutrition Service, USDA, for needy families. The other is called the "Food Distribution Program." State and local welfare offices decide if there is to be a Food Stamp Program in the county or city. If families ask about food stamps, the public welfare office will know that food help is wanted.

All programs of the U.S. Department of Agriculture are available to everyone without regard to race, creed, color, sex, national origin, or political belief.